

SURVIVAL DEPARTMENT MODEL MANAGER DIVISION N3D3

DATE: 3/24/2005

BRIEF

FOR

AVIATION PRE - FLIGHT INDOCTRINATION PRE - SCREEN

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SURVIVAL DEPARTMENT MODEL MANAGER DIVISION N3D3

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- REF:**
- 1 1552/16 NAVY SWIMMING AND WATER SURVIVAL INSTRUCTOR'S MANUAL
 - 2 6110.1G OPNAVINST

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1.0 MEDICAL SCREENING FORM AND UP - CHIT

1. Hand out medical screening form:

- a. Instruct students on filling out blocks in top portion of medical screening form (i.e. name, social security number, rate/rank, ect.). Students will write legibly on medical screening form for records.
- b. Make sure students answer all questions 1 - 20 of the medical screening form (**males will not answer question 14**).
- c. Students will read Training Time Out and Drop On Request policies in full from the back of the medical screening form. Instructors will go over TTO and DOR policies with students to make sure the student understands the policies. After front of medical screening form has been filled out and TTO and DOR policies have been read and made clear by the Instructor, the student will sign and date both the front and back of the medical screening form.
- d. Collect all student medical screening forms and up – chits. When a student has answered yes to any question and filled out the remarks section, the instructor will go over the remarks section with the student. If a student is unable to participate in training the student will be referred to NASC branch medical.

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2.0 BUILDING 3828 RULES AND REGULATIONS

1. Advise students on the following building 3828 rules and regulations:

- a. **PARKING** – Students will park in designated student parking spaces in the back of building 3828 or utilize student parking at building 633 and walk to building 3828. **Students will not park in bowling ally parking lot or in any blue curb areas.**
- b. **LOCKER ROOMS** – Male locker room can be entered by going either left or right at the entrance. To enter female locker room go left from entrance, through double door and enter first door on right. Daily lockers are for student use. **Staff personnel at building 3828 are not responsible for lost or stolen valuables (Students are responsible for locking up valuables).** Students will **not** leave locks on the lockers. Students will swab up excess water, clean trash out of and around lockers, and close lockers before the class leaves for the day.
- c. **GYM** - Students will find gym on the right side of building 3828. Gym is for student use while at NASC. Students can also use the track and/ or chip-trail, which are located behind building 3828. For students to use gym the student must bring a towel (**towels are not provided by building 3828**), the appropriate gym attire (military P.T. gear or conservative civilian gear), and they must clean and put up equipment before the they leave the gym (i.e. mats, weight equipment, volleyball, and basketballs).
- d. **POOL DECK** – The pool deck is located on the left side of building 3828. Students may **not** use the pool unless training or if they come to the MWR sponsored swims Monday, Tuesday, Thursday, and Friday 1630 till 2000.

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d. CONTINUED

Students must read and follow all pool rules. The pool rules are posted on the bulkhead at both ends of each tank. The proper swim attire will be worn while in building 3828. **Navy males will wear Military Issue or solid colors, blue or black trunks; MARINES may wear green trunks (NO BOARD SHORTS). Navy females will wear Military Issue or solid colors, blue or black one-piece swimsuit. Female Marines may wear green swimsuit. Navy females may wear Military Issue or equivalent solid colors, blue or black trunks over the student's one-piece swimsuit. Female Marines may wear green trunks (NO BOARD SHORTS). T-shirts will not be worn unless authorized for special cases.** When on the pool safety is paramount. The students will listen for any alarms or whistle blast. While the students are training they may hear three types of whistle blasts, one whistle blast is Instructor to student, two whistle blasts are Instructor to Instructor, and three whistle blasts are a pool emergency followed by an alarm. All students will exit the pool as safely as possible, sit in the bleachers, and wait to be mustered. Training will resume when possible.

3.0 PHYSICAL READINESS TEST

The purpose of the Physical Readiness Test is to physically screen the student for Aviation Pre-Flight Indoctrination. The test will be conducted in the gym and then move to the chip-trail for the 1.5-mile run (NO SWIMMING). Students will begin by sitting in bleachers for muster. The Instructor will ask if any one has been to branch medical in the last twenty-four hours. Has anyone self medicated in the last twenty- four hours? Are there any potential disqualifying illnesses or conditions? After a warm-up and stretch the students will then be told physical readiness test standards, given a demonstration on proper form for sit-ups and push-ups. When students complete the sit-up, push-up portion of the Physical Readiness Test, the Instructor will give them a five-minute break and then muster them on the chip-trail for the 1.5-mile run. **The Physical Readiness Test will be administered in reference to the OPNAVINST 6110.1G.** A student that does not pass any portion of the Physical Readiness Test will be put in Remedial PT. Remedial PT is Monday, Wednesday, and Friday 0600 till 0700. The Instructor will pass out the paper work for those students.

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4.0 SECOND CLASS SWIM TEST

The Swim Test is to assess the students swim skills before the student classes up for Aviation Pre-Flight Indoctrination. The Swim Test will be conducted in the designated tank. Students will shower with soap and water before coming to the pool deck. Students will sit in bleachers for muster and instruction.

The instructor will make sure he has all students before beginning. The Swim Test will be conducted in accordance with the NETC P1552/16 Second Class Swim Test. Before the Swim Test is administered, the Instructor will have students perform a swim screen. The swim screen consists of a fifteen-yard shallow water swim immediately followed by a twenty-five yard swim to the deep end of the pool. The Second Class Swim Test consists of a deep water jump, 100-yard swim demonstrating 25 yards each of the crawl stroke, breaststroke, sidestroke, and elementary backstroke. Immediately after completion of the swim, student's will prone float (face down) for 5 minutes and transition to a back float before exiting the water. If a student does not pass any part of the swim test he will be referred to Remedial Swim. Remedial Swim is Monday – Friday at 0700 and 1200. After completion of the Swim Test students will use ear wash before leaving the pool deck.